

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

Starting my log a little late, i'm BH holding by today, which is number 53 of all the todays, but Bein Hazmanim is coming and i need to keep in check, and might not have time for all the chatting that ussually helps me clear my mind (thanks guys!!).

i've been using AlexEliezers advice, that he gave me right when i first posted, of bulletproof Shemiras Einayim, or trying at least, and BH got to Today. but it's all changing now, it's not the same streets that i walk down every day, know exactly where to go so not to look, the dangerous places where i have to be careful etc.

now i'm entering the lions den, going to the airport, the airport itself, a few hours on the plane, etc. it's really scaring me!!

anyone have any ideas?

also been struggling with dreams, i know it shouldn't affect me, but it does, because it makes me realize that my mind isn't clean during the day, which leads to the next question how to keep my mind clean?

Wishing all you a Great Shabbos and it's Parshas Hachodesh so may we all be zoche to renew ourselves!!

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Re: Yaakov's Ladder

Posted by gibbor120 - 01 Feb 2014 00:20

can I be a shammass to the moderator???

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Re: Yaakov's Ladder

Posted by tryingtoshteig - 01 Feb 2014 00:26

You can be whatever you want, but you can't modify anyone's post if you are not a moderator.

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Re: Yaakov's Ladder

Posted by Pidaini - 05 Feb 2014 10:51

[ZemirosShabbos wrote:](#)

ferdens, forget it, i think that one is not a kasha anymore

Well since i happens to be the most important one (that I can answer at least), I will make sure that it is answered.

No, the 12 steps is not about figuring it out, BUT that's what I was doing subconsciously, working at how to understand myself, what to tell myself in order to keep myself from acting out. I was using all the "program lingo" but in a way where in the end it was ME who really brought about the results.

While I was lying there that night, thinking about how much I was obsessing, and realizing that I had nothing to tell myself to stop me, I realized that getting unobsessed (without acting out) would be nothing short of a miracle. I couldn't even think about one fantasy at a time, my mind was just all over the place. And He came through.

It is not about figuring it out, for there was nothing then that I figured out, except that the only One that could get me out of it was, Hashem.

[ZemirosShabbos wrote:](#)

tzvaitens, i was in contact with you, but i sometimes wonder whether i am regular or irregular

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I think everyone knows the answer to that question, Is Zemmy a regular or irregular?

Re: Yaakov's Ladder

Posted by gibbor120 - 05 Feb 2014 19:15

[Pidaini wrote:](#)

[ZemirosShabbos wrote:](#)

tzvaitens, i was in contact with you, but i sometimes wonder whether i am regular or irregular

That's an easy one.

Warning: Spoiler!

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Re: Yaakov's Ladder

Posted by Pidaini - 07 Feb 2014 08:17

Ok, let's make this quick.

The loophole still works. How do I know? I use it to watch movies. Innocent movies, but still time consuming, life wasting, relationship destroying, movies.

I haven't officially stopped, really given it up. So here is to that.....to life without movies, no matter how bored I may be in the bathroom, or elsewhere, I will not, with Hashem's help, watch another movie.

ahhhhh.....that feels good.

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Re: Yaakov's Ladder

Posted by gibbor120 - 08 Feb 2014 00:09

bli neder. amen!

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Re: Yaakov's Ladder

Posted by Pidaini - 08 Feb 2014 23:36

So after that interesting talk with Hashem, I was thinking about the steps, and I was troubled. If it is all really Hashem, then why the steps? What am I doing with the steps that brings about that Hashem should step in?

So I asked Dov in a PM, this is what he answered

[Dov wrote:](#)

If the zohar calls the 613 mitzvos "eitzos" (to get deveikus), then why need them at all (chovos halevavos also says that the entire purpose of the Torah and mizvos is for us to get a real close relationship with Hashem, so same idea)? Just be doveik. If deveikus is a state of being and a state of mind, then why the action of mitzvos at all? It is the same question, to me.

Saying, "well, the mizvos is the only way to get that relationship" is perhaps mumbojumbo magic talk - do you seriously mean that all the mitzvos are is a magical thing - you take this fruit and shake it and it makes you automatically holy! Presto!

Certainly kavonoh is the thing that makes the mizvos **work**....so why not just the kavonoh?

Ella what? It is action that changes us, not thinking. So AA (avrohom Avinu) HAD to DO the akeidah even though Hashem already knew he was 100% sincere when he said OK, and took his son for the trip right at the start. But Action - actually taking the knife was the only thing that would turn AA (Avrohom Avinu) into the tzaddik and y'rei Elokim that the akeida MADE him into! WE tend to think that the tzaddikim (and ourselves) were just 'on' that madreigah. But it is not so. It comes from doing.

And the steps are the very mitzvos of addicts - they are the mitzvos of derech eretz (sanity and spirituality) that are way before Torah (for addicts). They are not about thinking or attitude - they are the actions we take in some way for each one, so that we become sane people who are able to get the heck out of G-d's way, one day at a time.

So the next time you think the 12 steps are a thing you need to sit and think about and really work on...I think you ought to get off your ass and DO something that embodies the step, instead. Because action is the way that you will have a reasonable hope of ever changing and using the steps.

And pray for me, too. And BTW, prayer is also action, not thought.

[Pidaini wrote:](#)

Shkoyach,

Meaning that the action steps will turn me into the person that really let's Hashem, rather than the person that knows to let Hashem.

correct?

[Dov wrote:](#)

Yes, if you *work* them. Not if you know them or study them, only if you actually work them to live by them one day at a time as best you can, with help from G-d and fellow people who are doing that be"H. Studying the steps does not really help that much except if it is about what to do and you do it. Even imperfectly.

Sound OK?

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Re: Yaakov's Ladder

Posted by Pidaini - 09 Feb 2014 10:38

[gibor120 wrote:](#)

bli neder

Truth is, I'd probably be better off making a neder, some sort of taphsik....but I don't want to, not yet. I can do this myself, ha!!

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Re: Yaakov's Ladder

Posted by think good - 09 Feb 2014 14:00

Pidaini

The loophole still works. How do I know? I use it to watch movies. Innocent movies, but still time consuming, life wasting, relationship destroying, movies.

Pidaini you can do better you know there is no such thing as innocent movies!

do something now - close the loophole or make a neder or both or ???

coffee and cake on me bn (*if i make the meeting*)

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Re: Yaakov's Ladder

Posted by Pidaini - 13 Feb 2014 22:41

The past two days I've been looking for certain female organs, and I found them, and I drank the sights. But I wasn't really happy with that, and I knew there was something going on, after all, the lusting isn't the problem, it's the solution.

As I finished up step 4 and looking to do step 5, I know that one of the character defects that really affects me is that I feel I am entitled.....to everything, to everything that I feel I need to make me comfortable.

Since I am doing so much, I'm going to sleep on time, getting up early, learning flassig, helping out at home...I am entitled to some recognition, but it hasn't been very forthcoming. So i've been looking for something else to fill that.....and I was finding it (somewhat).

As I was chatting with MBJ (about his post in [Dr.Watson's thread](#) I was reminded "I haven't spoken to Hashem about this quite yet". I pushed it off at first, as there were some "more important" things that I had to do (some things that would . Hashem was kind to me and put something on hold for a few minutes so I took the oportunity to speak to Him. I'll write the details of that conversation in the [Talking to Hashem](#) thread.

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Re: Yaakov's Ladder

Posted by Pidaini - 21 Feb 2014 18:43

I ordered a few things on line this past week, and I noticd something very interesting, I get very excited every time I pass the mail box seeing if they came yet. When I come onto the computer I go and track them to see where they are. What's the big deal?

I look forward to something chsnging in my life, something exciting, something different. I'm

finding NOW too boring, I'm obviously not happy with myself. Maybe that's why I've started looking at women again, and actually made it to youtube today (I happen to have been exhausted and now that I woke up I feel much better, but I was still there).

When I pass by the mailbox I escape the present for a moment, and go into the future, to a time when I will be excited with the new lenses, the new mp4 player, the new anything, just something new to add some spice to life.

The truth is though that the NOW has so much available for me, there is so much that I can do with it, so much growth, so much fun, so much feeling that I can put into it, I need to just invest a little bit of mind to it instead of jsut doing things on automatic.

Thank You Hashem for that reminder, and thank you for NOW!!

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 21 Feb 2014 22:54

thanks for sharing. i do the exact same thing, order something, track it, anticipate it. when it comes it keep me busy for a bit then the tedium continues...

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Re: Yaakov's Ladder

Posted by dms1234 - 22 Feb 2014 03:14

Yup i also struggle with this. I am always looking forward to the next big thing. I think we just have to appreciate the moment right now. Tomorrow will come soon enough (but actually, really quickly, its almost purim!!!). The more we are excited about tomorrow the less we live NOW. Its just another escape from reality.

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Re: Yaakov's Ladder

Posted by Pidaini - 22 Feb 2014 23:14

[Pidaini wrote:](#)

I'm obviously not happy with myself.

That can go two ways. The one I had in mind when I was typing it was that there was something more that I should be doing, I should be holding somewhere higher, bigger in life, and I was doing something wrong if I wasn't there.

Over Shabbos I realized that it was exactly the opposite, I want to be higher, better, bigger, and since I'm not there, I was upset about it.

In reality I am really growing, BH, slowly, but surely. I need to be real, know where I am up to and see if according to that I am doing everything I can, and I think I am doing quite well.

So, big dreams, fantasies.....see you later, as I'm sure you'll be back, but for now, I'm good, exactly the way I need to be!!

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